## **ABSTRACT**

[0076] The invention provides a sustained-release tablet that can release caffeine and other xanthine derived stimulants at a nearly constant rate. The tablet comprises a hydrophilic polymer of high molecular weight and in one embodiment, the tablet includes caffeine and poly(ethylene oxide) of molecular weight of about  $4 \times 10^6$  to  $8 \times 10^6$ . Sustained delivery of caffeine and other xanthine-derived stimulants is possible with a low concentration of the polymer and moreover, a wide range of concentration of caffeine and other stimulants can be released at a nearly constant rate.